



## **YMCA Grants Pass Swimming is a competitive swim team for children ages 5-18**

Join the YMCA GPS Swim Team. Improve your skills, set personal goals and achieve them with the camaraderie of other swimmers. Swimming develops endurance, strength, and flexibility!

Swim team is a great off season sport. Available options run year-round or summer only.

### **Year-Round Swim:**

- ◆ September 9, 2019 through June 12, 2020 (end date may vary).
- ◆ Advanced Group swims 5 days per week. Monday-Friday 4:15-5:45pm.
- ◆ Beginning and Intermediate swim 3 days per week. Monday, Wednesday, Friday 4:15-5:45pm.
- ◆ Swimmers wanting to join the advanced 5 days per week group must have prior approval from coaches.

### **Program Fees:**

- ◆ Beginning and Intermediate - 3 days per week: \$45 per month.
- ◆ Advanced -5 days per week: \$55 per month.
- ◆ All swimmers must maintain an active YMCA membership during the program.
- ◆ All families must volunteer either 10 hours or pay \$100 per swimmer per season.
- ◆ Due to liability reasons all athletes must register and pay the USA Swimming/Oregon Swimming, Inc. fee of \$72 per calendar year or \$42 for a summer participant. Fees and registration for this will be collected at the Y and receipts given to the coaches prior to starting.

### **Location and Try-Out Times:**

- ◆ School Year Tryouts are Mondays at the YMCA at 4:30pm
- ◆ Swimmers must be between the ages of 5-18 and be able to swim at least 2 lengths of the pool unassisted using at least 2 of the 4 competitive swim strokes.
- ◆ Participation in swim meet competitions is not required as a member of the GPS team but is encouraged so swimmers can test their abilities and reach individual goals. All meets that GPS team are invited to will be on the calendar so you can decide what fits best with your family's schedule.

**Summer Swim 2020:** Summer swim will start June 15, 2020. More information will be available in 2020 as it becomes available.

